

Silver

MEDALLION

C 136

ASSEMBLY INSTRUCTIONS

● REPLACEMENT PARTS

weider®

WEIDER HEALTH AND FITNESS

21100 ERWIN STREET, WOODLAND HILLS, CALIFORNIA, U.S.A. 91367

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ALL OF THE PARTS FOR THE WEIGHTBENCH CAN BE ORDERED FROM WEIDER HEALTH AND FITNESS, PARTS SERVICE DEPT., 900 WEST ST. JOHN ST. OLNEY, ILL. 62450. WHEN ORDERING, PARTS WILL BE SENT AND BILLED AT THE CURRENT PRICES. PRICES MAY BE SUBJECT TO CHANGE WITHOUT NOTICE. STANDARD HARDWARE ITEMS ARE AVAILABLE AT LOCAL HARDWARE STORES.

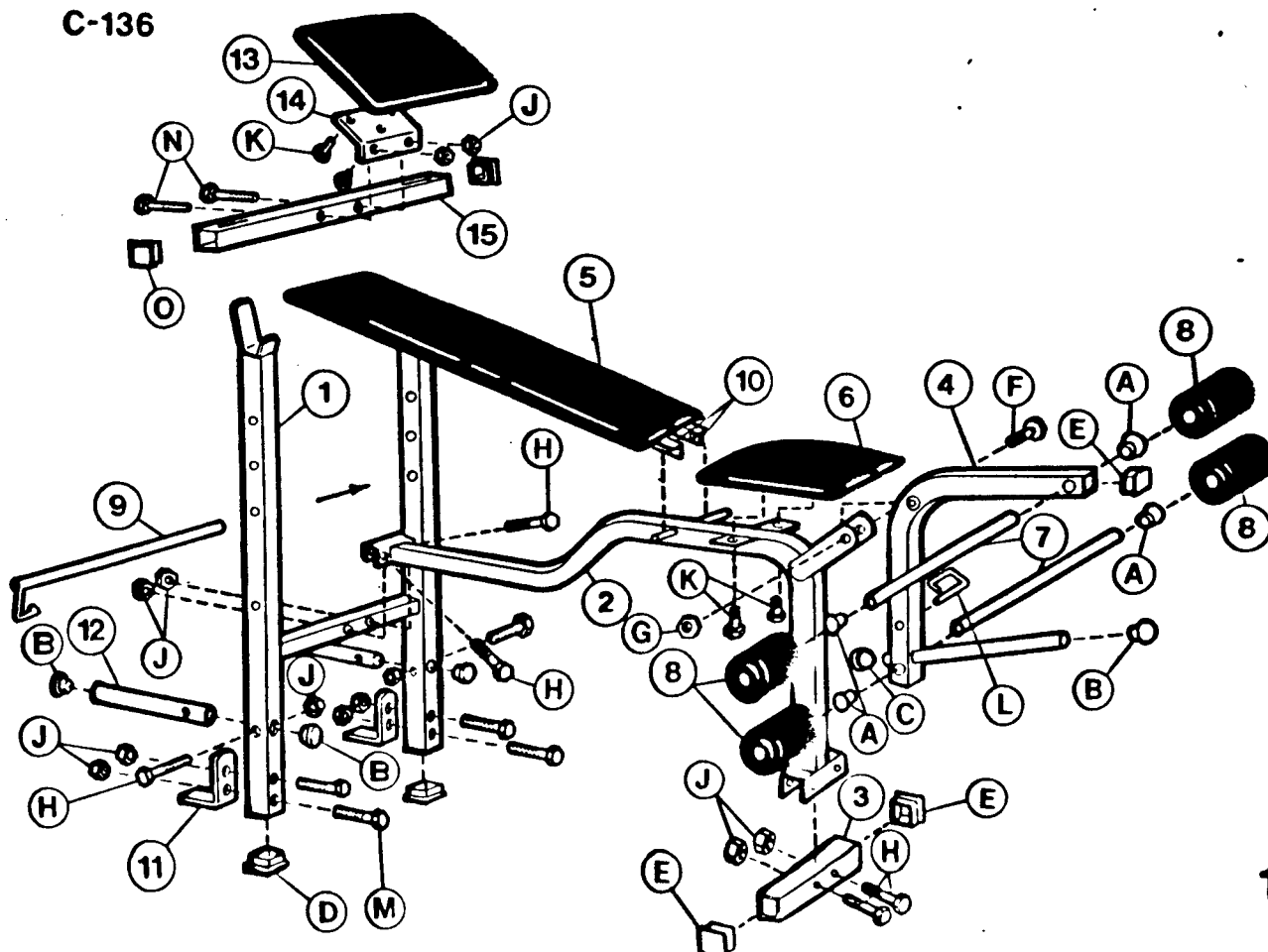
**TO OBTAIN PARTS DO NOT GO BACK TO THE STORE WHERE YOU
PURCHASED THIS UNIT.**

IF YOU FIND THIS PRODUCT TO HAVE EITHER A DEFECTIVE PART OR A MISSING PART, WRITE THE ABOVE ADDRESS OR, PHONE CUSTOMER SERVICE AT 1-800-225-0653.

ALWAYS INCLUDE THE FOLLOWING INFORMATION WHEN ORDERING PARTS:

- [illegible]

C-136



*Silver***MEDALLION****PARTS LIST**Model No. **C-136**

DIAGRAM NO.	PART NAME	NO. REQ.	ORDERING NUMBER
1	UPRIGHT	1	CC09-0241
2	MAIN FRAME	1	CC09-0198
3	FRONT SUPPORT	1	CC09-0199
4	LEG CURL	1	CC09-0200
5	BACKREST	1	CC09-0366
6	SEAT	1	CC09-0367
7	PAD BAR	2	CA23-6112
8	FOAM PAD	4	CA01-4000
9	BACKREST ADJ. BAR	1	CA06-6054
10	LONG ANGLE IRON	2	CA23-6113
11	L-BRACKET	2	CA05-6128
12	WEIGHT STACK PIN	2	CC09-6137
13	ARM CURL PAD	1	CC09-0368
14	ARM CURL BRACKET	1	CC09-6138
15	ARM CURL BAR	1	CC09-6139
	HARDWARE BAG		CC09-5800
A	3/4" RD. PLASTIC CAP	4	AA-8004
B	1" RD. PLASTIC CAP	5	AA-8005
C	1" COVER CAP	1	AA-8070
D	2" SQ. PLASTIC CAP	2	AA-8002
E	1 1/2" SQ. PLASTIC CAP	3	AA-8001
F	3/8"-16-2 1/2" HEX HEAD BOLT	1	HH-5018
G	3/8"-16 LOCK NUT	1	HH-5013
H	5/16"-20-2 1/4" HEX HEAD BOLT	6	HH-5035
J	5/16"-20 LOCK NUT	12	HH-5021
K	1/4"-20-3/4" MACHINE SCREW	9	HH-5022
L	LOCKING PIN	1	WW-7004
M	5/16"-20-2 1/2" HEX HEAD BOLT	4	HH-5015
N	5/16"-20-1 3/4" HEX HEAD BOLT	2	HH-5240
O	1 1/4" SQ. PLASTIC CAP	2	AA-8069
	DECALS	2	DE-4059
	INSTRUCTION MANUAL	1	CNN-1059

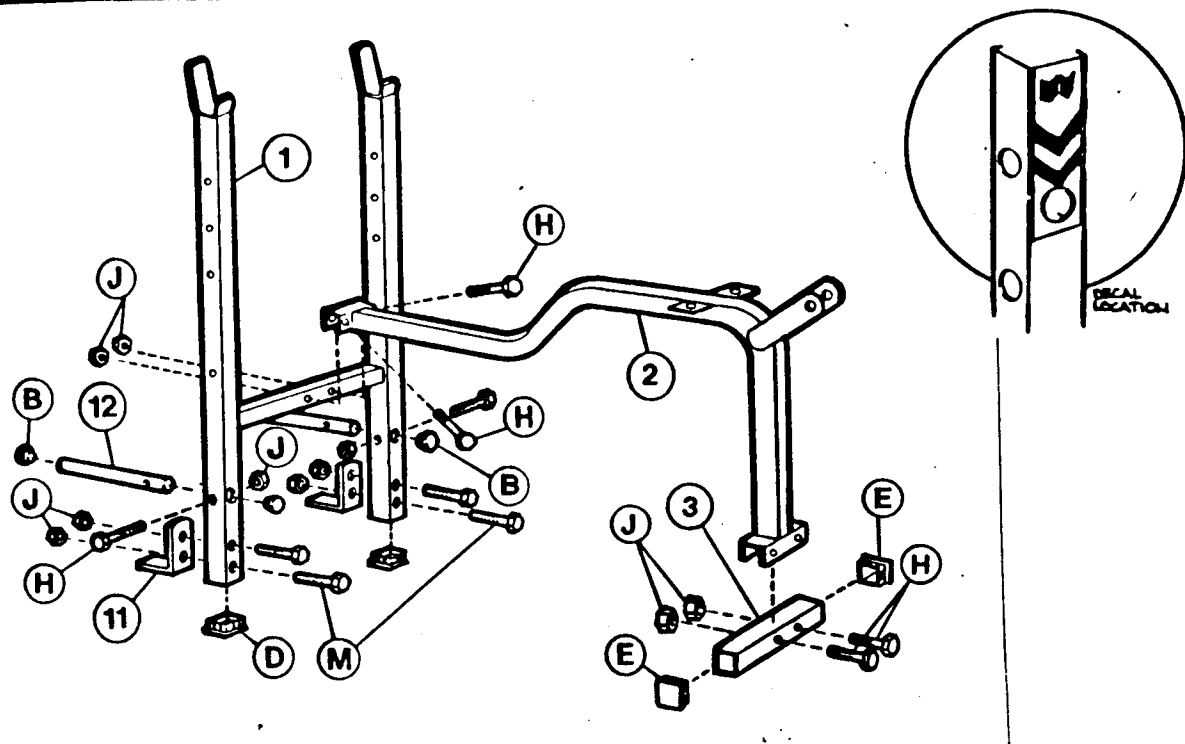
WARNING**CONSULT YOUR PHYSICIAN**

CONSULT YOUR PHYSICIAN BEFORE STARTING YOUR EXERCISE PROGRAM. IT IS ADVISABLE TO HAVE A PHYSICAL EXAMINATION BY YOUR PHYSICIAN BEFORE YOU ENTER ANY EXERCISE PROGRAM.

FOR YOUR OWN SAFETY, DO NOT BEGIN ANY EXERCISE PROGRAM WITHOUT A TRAINING PARTNER IN ATTENDANCE. SET UP YOUR PROGRAM TO ACCOMMODATE TWO PEOPLE AND YOU WILL BE HIGHLY MOTIVATED.

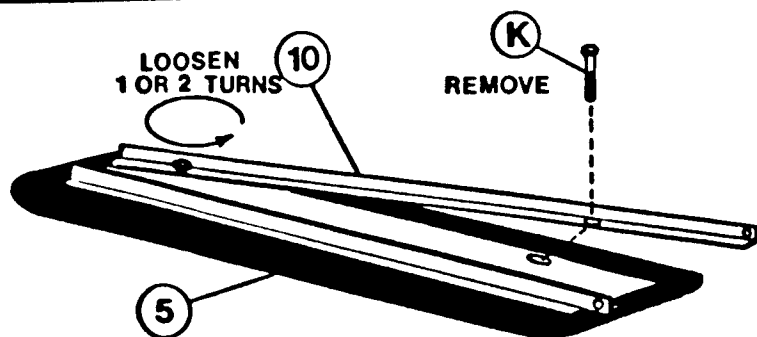
TRAIN WITH A PARTNER

IT IS RECOMMENDED THAT AN INDIVIDUAL SHOULD NOT WORKOUT WITHOUT A TRAINING PARTNER IN ATTENDANCE. SET UP YOUR PROGRAM TO ACCOMMODATE TWO PEOPLE AND YOU WILL BE HIGHLY MOTIVATED.



STEP 1 - FRAME ASSEMBLY

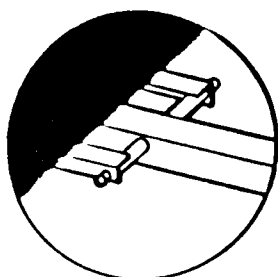
Begin by inserting 2 SQUARE PLASTIC CAPS (D) into UPRIGHT (1). Align bolt holes in L-BRACKET (11) with holes in UPRIGHT (1) and secure each bracket with 2 HEX HEAD BOLTS (M) and 2 LOCK NUTS (J). Insert ROUND PLASTIC CAP (B) into each end of WEIGHT STACK PINS (12), insert pins into UPRIGHTS (1) and secure with HEX HEAD BOLT (H) and LOCK NUT (J). Align holes in main frame front u-bracket and FRONT SUPPORT (3). Secure with 2 HEX HEAD BOLTS (H) and LOCK NUTS (J). Secure rear u-bracket on MAIN FRAME (2) to crossbar of UPRIGHTS (1) using 2 HEX HEAD BOLTS (H) and LOCK NUTS (J). Insert 2 SQUARE PLASTIC CAPS (E) into FRONT SUPPORT (3). Tighten all bolts.



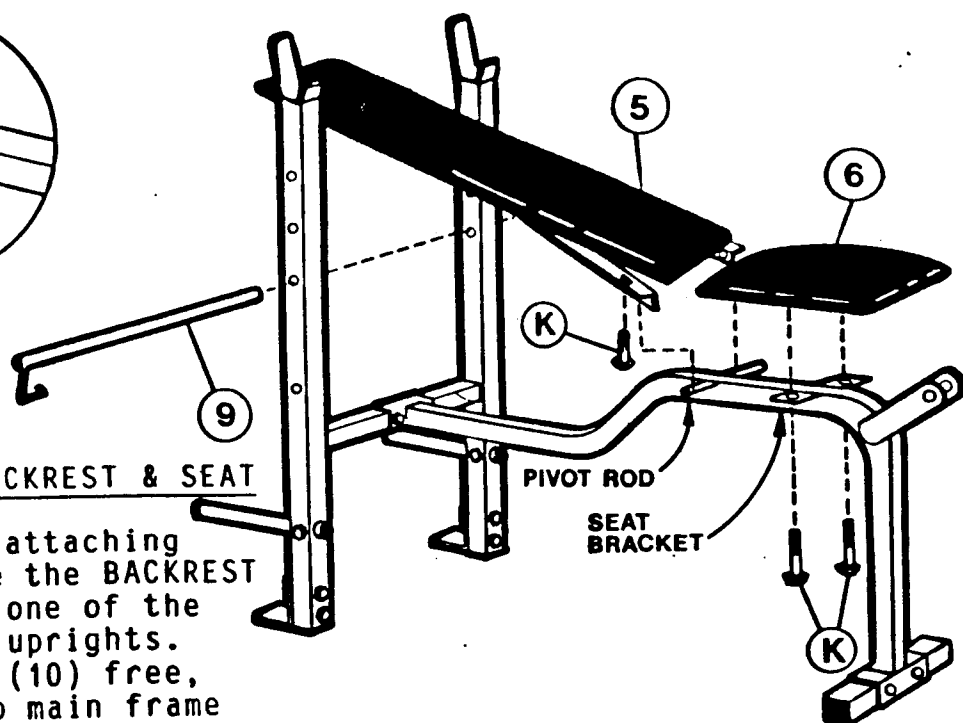
NOTE: The lower or attachment end of the BACKREST (5) can be identified quickly by the LONG ANGLE IRONS (10). The LONG ANGLE IRONS (10) will be extended approximately two inches beyond the BACKREST PAD (5).

STEP 2 - BACKREST PREPARATION

Turn BACKREST (5) over to expose work area. Both LONG ANGLE IRONS (10) have been fastened to BACKREST (5) for shipment. One long angle iron must be loosened in order to assemble BACKREST (5) to main frame pivot rod. The lower MACHINE SCREW (K) must be removed while the upper MACHINE SCREW (K) is only loosened. The LONG ANGLE IRON (10) can now swing freely from the lower end of BACKREST (5).



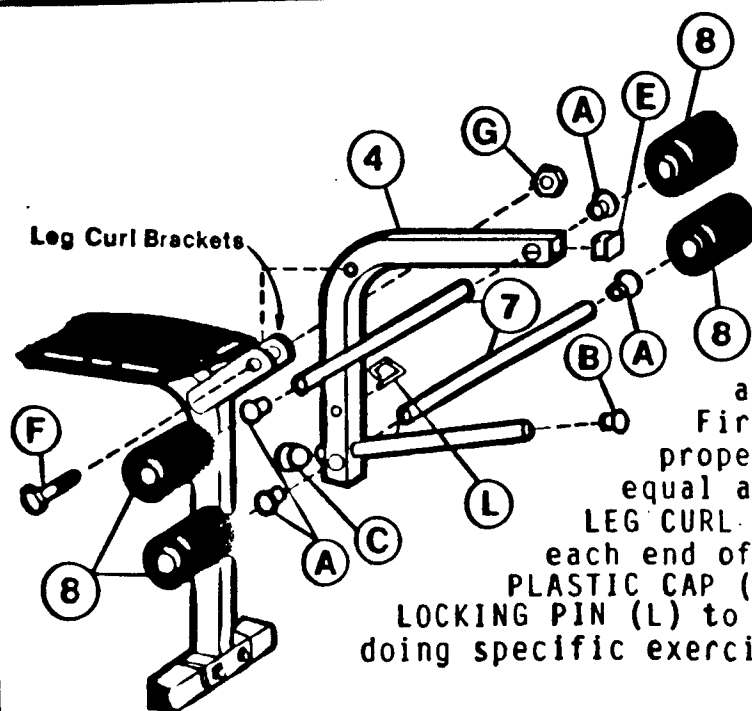
DETAIL A



STEP 3 - ATTACHING BACKREST & SEAT

BACKREST: To aid in attaching backrest, first slide the BACKREST ADJ. BAR (9) through one of the hole patterns in the uprights. With LONG ANGLE IRON (10) free, lower BACKREST (5) to main frame pivot rod. Slide the secured LONG ANGLE IRON (10) onto one side of pivot rod. Swing the free LONG ANGLE IRON (10) back to its original position and onto the opposite end of the pivot rod. See Detail A. Replace MACHINE SCREW (K) that was removed in Step 2 and tighten all machine screws.

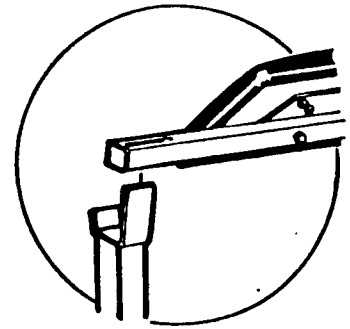
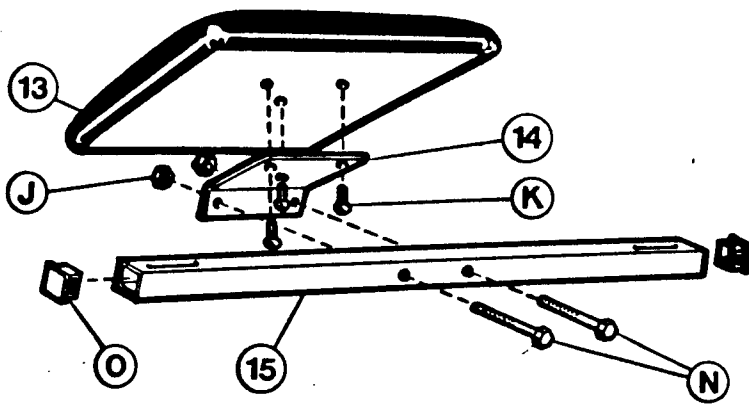
SEAT: With SEAT (6) right-side up, lower SEAT (6) to seat brackets on main frame. Align bolt holes and fasten with 2 MACHINE SCREWS (K). Tighten all machine screws.



STEP 4 - ATTACHING LEG CURL

Place LEG CURL (4) between leg curl brackets on main frame and align bolt holes. Secure with HEX HEAD BOLT (F) and LOCK NUT (G). Repeat the following instructions until all PAD BARS (7) and FOAM PADS (8) are in place.

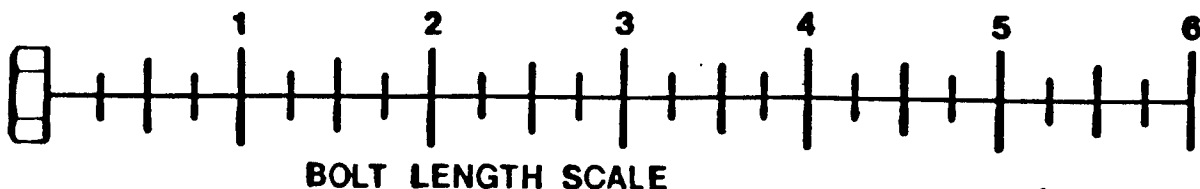
First slide PAD BAR (7) through proper hole in LEG CURL (4) until equal amounts of bar are on both sides of LEG CURL (4). Slide one FOAM PAD (8) onto each end of PAD BAR (7). Insert SQUARE PLASTIC CAP (E) into end of LEG CURL (4). Use LOCKING PIN (L) to lock leg curl to main frame for doing specific exercises.



STEP 5 - ARM CURL

Assemble arm curl by aligning holes in BRACKET (14) with holes in ARM CURL BAR (15). Secure with 2 HEX HEAD BOLTS (N) and LOCK NUTS (J). Attach completed assembly to arm curl pad using 3 ROUND HEAD SCREWS (K). Insert SQUARE PLASTIC CAP (O) into each end of BAR (15).

To use arm curl, mount it to upright by inserting long ear of bar holder into slots in arm curl bar.



BOLT LENGTH SCALE